Feeding Your Composting Worms

[](http://www.wormcompostinghq.com/pictures/img_1492/)

A Worm Feast

What can you [feed your worms?](http://www.wormcompostinghq.com/feeding-your-worms/) You can feed them any vegetable scraps including egg shells and coffee grounds (if you use a paper coffee filter, throw that in too!). You can also feed your worms lint from your clothes dryer and paper towels (use only paper towels that were used to clean up drink spills and do not have cleaning solution on them). Worms are vegetarian, they do not eat meat. Don’t feed them eggs, butter, or oil. They also don’t do well with bread or cheese. Be careful not to overfeed your tiger worms as this can attract fruit flies and other pests because the worms won’t be able to eat the food scraps fast enough.

In ideal conditions worms will eat their body weight in food daily. Do not overfeed your farm, keep an eye on the amount of excess food that builds up in your farm and reduce feeding accordingly. Only add fresh food as the old is consumed. Overfeeding will cause smells and can kill the worms while underfeeding will starve the worms and reduce the rate at which they breed.

It is best to cut the food into small pieces which will help the worms eat the food easily. Blending the food in a blender with water will make a nice mush for them to eat, freezing and defrosting food will help the food breakdown easier which means the worms can eat it faster.

